|  |  |  |  |
| --- | --- | --- | --- |
| **Unit Detail** | | | |
| **Term**: ***3 2015***  Year level:***3* / 4** Curriculum level: 3  Unit length (weeks): Rotation of Jump Jam/Skipping/Cross Country/Winter Ball Skills | | | |
| Curriculum learning area: PE  Strand: **Winter Ball Skills / Running /Skipping**  Secondary Strand: | How to introduce the unit and key competencies to the students (the hook):  Catching/Throwing/Passing/Defending/Trapping/Striking/Dribbling/Running | | |
| Achievement Objectives  **Level 2**  **Personal Health and Physical Development**  Students will:  **Personal growth and development**   * Identify factors that affect personal, physical, social and emotional growth and develop skills to mange changes   **Regular physical activity**   * Maintain regular, enjoyable physical activity with an increasing understanding of its role in self-care and well-being   **Safety Management**   * Identify risks and their causes and describe safe practices to manage these.   **Personal Identity**   * Describe how their own feelings, beliefs and actions, and those of other people contribute to their personal sense of self-worth   **Movement Concepts and Motor Skills**  Students will:  **Movement skills**   * Develop more complex movement sequences and strategies in a range of situations.   **Positive attitudes**   * Develop movement skills in challenging situations and describe how these challenges impact on themselves and others.   **Science and technology**   * Participate in and describe how their body responds  to regular and vigorous physical activity in a range of environments.   **Challenges and Social and cultural factors**   * Participate in co-operative and competitive activities and describe how co-operation and competition can affect people’s behavior and the quality of the experience.   **Relationships with other People**  Students will:  **Relationships**   * Identify and compare ways of establishing relationships and managing changing relationships   **Identity, Sensitivity and Respect**   * Identify ways in which people discriminate and ways to support themselves and other people   **Interpersonal Skills**   * Identify the pressures that can influence interactions with other people and demonstrate basic assertiveness strategies to manage these   **Healthy Communities and Environments**  Students will:  **Societal Attitudes and values**   * Identify how health care and physical practices are influenced by community and environmental factors   **Community Resources**   * Participate in communal events and describe how such events enhance the well-being of the community   **Rights, responsibilities, and Laws**   * Research and describe current health and safety guidelines and practices in their school and take action to enhance their effectiveness   **People and the Environment**   * Plan and implement a programme to enhance an identified social or physical aspect of their classroom or school environment | | | |
| Organisation / Resources | | Abilities / Needs / ESOL / Group Lists | Grouping (highlight or circle): | |
| Syndicate sport – rotation Wednesday afternoons 1.30 & 2.00 pm  Developing skills to prepare students for SPS winter Ball Skills   * focus on Skills for Rippa Rugby, Netball, Soccer, Hockey ,Miniball * Running / Cross Country * Skipping “Jump Rope for Heart” ref Heart Foundation notes | | Student supported as required  Take in to account those with health needs  ESOL students watch other students for modeling as needed  Students work to better their own records / achievements | Mixed ability groups – based on syndicate lists A to E | |
| Key Competency focus: Thinking  Managing Self  Relating to Others Participating and Contributing  Using Language, Symbols and Text  **Learning Outcomes**  1. Pass and catch a large ball comfortably with 2 hands  2. Pass a large ball over a short distance  3. Dribble ball over a distance using feet or hands  4. Retrieve and pass the ball with either foot – trap the ball and pass it back  5. Pass with flick action onto next player at waist level remembering to follow through with the hands. Hold the ball firmly with all fingers out in front  6. Keeping head up to see opposition  7. Dribble a ball with a stick over a distance successfully, remembering knees bent, head up – glancing, pushing ball forward with stick  8. Movement to music- following a sequence of steps – aerobics ( fitness ) –also routines for Skipping  9. Cross Country Running – Warm ups/ Cool downs  10. Skipping Routines / pairs /individual  **Method**  # Syndicate Sports will take place on a Wednesday afternoon, from 1.30 – 2.15 (non Team Assembly day) 2.00 – 2.45 p.m. (Assembly days)  # The Students in the Year 3 & 4 Syndicate will be placed into Class Teams.  Each Team will participate in a skilled-based session  # Teachers to read out each week which teams will be involved in which activities.  All Teams to line up in the Shade Area (or on the Netball Court)  # Teams will rotate around a series of activities throughout the term.  # Each session will begin with a warm up, followed by the lesson, and then a game to practicethe new skills. Each session will end with a cool down.  Netball, Turbo touch, soccer, basketball, hockey, rippa  Rodger - hockey  Carrick - Rippa  Kelley - Soccer  Hannah - Netball  Debbie - Basketball  Niken - Turbo Touch  Week 2: Hall out of use – photos (Team Assembly week 3)   |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **W1** | **W2** | **W3** | **W4** | **W5** | **W6** | **W7** | **W8** | **W9** | **W10** | | **Rm4** | **RD** | **C** | **R** | **O** | **S** | **S** |  | **NW** | **DB** | **HG** | | **Rm5** | **CW** |  |  |  |  |  |  | **RD** | **NW** | **DB** | | **Rm6** | **KO** | **C** | **O** | **U** | **N** | **T** | **RY** | **CW** | **RD** | **NW** | | **Rm18** | **HG** |  |  |  |  |  |  | **KO** | **CW** | **RD** | | **Rm19** | **DB** |  |  |  |  |  |  | **HG** | **KO** | **CW** | | **Rm20** | **NW** |  |  |  |  |  |  | **DB** | **HG** | **KO** |   Term 3   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Weeks | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  | | Fitness | Jump Jam | Running | Running | Running | Running | Skipping | Skipping | Skipping | Skipping | Jump Jam |  | | Sports | Winter Ball Skills | Kiwi Sports | Kiwi Sport CrossCountry | Kiwi Sports  CrossCountry | Kiwi Sports  CrossCountry | CrossCountry | CrossCountry | Winter Ball Skills | Winter Ball Skills | Winter Ball Skills |  | | Event |  |  |  |  | SPS Cross Country  Tues - Aug 18  Wed– Aug19  (savaday) |  | InterSchool Cross Country  Tues Sept 1 | Skipathon  SPS  Fri Sept4 |  |  |  | | | | | |